Busy Mama's QUICK BITES

Delicious Meals in 30 Minutes or Less

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CHAPTER I

About the Author

Hi, I'm Inge! Like many moms, my days are full – school runs, work, endless to-do lists… and still the question every evening: "What's for dinner?"
I've always loved cooking, but I also know how hard it is to find the time. That's why I started collecting my favorite quick and easy recipes – meals that are simple, healthy, and loved by the whole family.
This little book is my way of sharing them with you, mama to mama. I hope these recipes make your busy days a bit easier and your family dinners a lot more joyful.

Welcome, Busy Moms!

Hello, Super Mom!
We know your days are packed—school runs, work, household chores, and keeping everyone happy. Finding time to cook healthy meals can feel impossible sometimes. That's why this e-book was created just for you.
Here, you'll find:

- Quick & Easy Recipes: Delicious meals that take minimal time to prepare.
- Healthy Snacks & Treats: Simple ideas to keep your family nourished and satisfied.
- Meal Prep Tips & Hacks: Strategies to save time and stress, so you can spend more time with your kids.
- Bonus Sections: Grocery shopping lists, kitchen hacks, and creative ideas to make cooking fun and effortless.

Whether you're a beginner in the kitchen or a seasoned cook juggling a million tasks, these recipes and tips are designed to make your life easier—and tastier!
Let's make cooking enjoyable, manageable, and a little magical, even on your busiest days.
Grab your apron, and let's get started!

CHAPTER 3

Breakfast

Overnight Oats

- **Prep time: 5 minutes (plus overnight refrigeration)**
- **Servings: 2**
- **Ingredients:**
- **1 cup rolled oats**
- **1 cup milk (dairy or plant-based)**
- **½ cup Greek yogurt**
- **2 tbsp chia seeds**
- **2 tbsp honey or maple syrup**
- **Fresh fruits for topping (berries, banana slices, or mango)**
- **A sprinkle of nuts or granola (optional)**

- **Instructions:**
- **In a jar or bowl, combine oats, milk, yogurt, chia seeds, and honey.**
- **Stir well until all ingredients are mixed.**
- **Cover and refrigerate overnight (at least 6 hours).**
- **In the morning, stir the oats and add fresh fruits on top.**
- **Sprinkle with nuts or granola for extra crunch.**
- **Serve chilled for a refreshing, healthy breakfast.**

Avocado Toast with Egg

- **Prep time: 5 minutes**
- **Servings: 1**

Ingredients:

- **1 slice of whole-grain bread**
- **1 ripe avocado**
- **1 boiled or fried egg**
- **Salt & black pepper to taste**
- **A drizzle of olive oil (optional)**

Instructions:

1. **Toast the bread until golden brown.**
2. **Mash the avocado with a fork until smooth and creamy.**
3. **Spread the avocado on the toast evenly.**
4. **Place the boiled or fried egg on top.**
5. **Drizzle with olive oil, then season with salt and pepper.**
6. **Serve warm with a fresh cup of coffee or tea.**

Banana Pancakes

- **Prep time: 10 minutes**
- **Cooking time: 10 minutes**
- **Servings: 2 (makes about 6 small pancakes)**
- **Ingredients:**
- **1 ripe banana (mashed)**
- **1 cup all-purpose flour (or whole wheat flour)**
- **1 tsp baking powder**
- **1 egg**
- **¾ cup milk (dairy or plant-based)**
- **1 tbsp honey or sugar (optional)**
- **1 tbsp butter or oil for cooking**
- **A pinch of cinnamon (optional)**

- **Instructions:**
- **In a bowl, mash the banana until smooth.**
- **Add egg, milk, and honey; whisk until combined.**
- **In another bowl, mix flour, baking powder, and cinnamon.**
- **Combine wet and dry ingredients, stirring gently to make a smooth batter.**
- **Heat a non-stick pan with butter or oil over medium heat.**
- **Pour small scoops of batter to form pancakes.**
- **Cook until bubbles appear on the surface, then flip and cook until golden brown.**
- **Serve warm with honey, maple syrup, or fresh fruit.**

Ready to Make Every Meal Effortless and Delicious

You've just discovered how easy it can be to prepare healthy, family-friendly meals – even on your busiest days!

Now it's time to unlock all the quick, time-saving recipes .designed exclusively for busy moms like you

💡 Get the full Busy Moms Recipe eBook today and enjoy:
✅ 30+ exclusive quick & healthy recipes
✅ Meal prep & grocery hacks to save time
✅ Family-approved ideas for breakfast, lunch & dinner

👉 **Grab Your Full Copy Here**

Don't wait – simplify your cooking routine and make every meal stress-free!